

































## Cape Lookout Bight, NC - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:07	4.1	5:31	4.3	11:15	0.7	11:37	0.7	7:00	6:50	
2	Tue	5:53	4.5	6:16	4.4			12:03	0.5	7:01	6:49	
3	Wed	6:38	4.9	7:00	4.5	12:18	0.4	12:54	0.3	7:02	6:48	
4	Thu	7:22	5.3	7:42	4.5	1:02	0.2	1:44	0.1	7:03	6:46	
5	Fri	8:05	5.5	8:24	4.5	1:46	0.0	2:32	0.1	7:03	6:45	
6	Sat	8:49	5.6	9:08	4.3	2:30	0.0	3:19	0.1	7:04	6:44	
7	Sun	9:39	5.5	9:59	4.1	3:15	0.0	4:09	0.3	7:05	6:42	
8	Mon	10:35	5.2	10:58	3.9	4:04	0.1	5:03	0.5	7:06	6:41	
9	Tue	11:37	5.0			4:59	0.3	6:02	0.7	7:06	6:39	
10	Wed	12:02	3.8	12:39	4.8	6:00	0.6	7:07	0.9	7:07	6:38	
11	Thu	1:05	3.8	1:41	4.5	7:11	0.8	8:24	1.0	7:08	6:37	
12	Fri	2:13	3.8	2:50	4.3	8:36	0.9	9:34	0.9	7:09	6:36	
13	Sat	3:28	3.9	3:59	4.2	9:51	0.8	10:26	0.7	7:10	6:34	
14	Sun	4:33	4.2	4:57	4.2	10:48	0.7	11:10	0.6	7:10	6:33	
15	Mon	5:26	4.4	5:48	4.2	11:39	0.6	11:51	0.6	7:11	6:32	
16	Tue	6:12	4.6	6:32	4.2			12:29	0.6	7:12	6:30	
17	Wed	6:52	4.8	7:10	4.1	12:32	0.5	1:15	0.5	7:13	6:29	
18	Thu	7:28	4.9	7:45	4.0	1:11	0.6	1:57	0.5	7:14	6:28	
19	Fri	8:02	4.9	8:18	3.9	1:47	0.6	2:34	0.6	7:15	6:27	
20	Sat	8:36	4.8	8:52	3.8	2:22	0.6	3:09	0.7	7:15	6:26	
21	Sun	9:11	4.7	9:28	3.6	2:56	0.7	3:45	0.8	7:16	6:24	
22	Mon	9:51	4.5	10:10	3.5	3:31	0.8	4:23	1.0	7:17	6:23	
23	Tue	10:38	4.3	11:01	3.3	4:09	1.0	5:06	1.1	7:18	6:22	
24	Wed	11:30	4.2	11:54	3.3	4:52	1.1	5:52	1.3	7:19	6:21	
25	Thu			12:20	4.0	5:41	1.2	6:43	1.3	7:20	6:20	
26	Fri	12:45	3.3	1:10	3.9	6:38	1.3	7:40	1.3	7:21	6:19	
27	Sat	1:38	3.4	2:03	3.9	7:46	1.3	8:41	1.2	7:22	6:18	
28	Sun	1:37	3.6	2:02	3.9	8:00	1.2	8:32	1.0	6:22	5:17	
29	Mon	2:37	3.9	2:59	3.9	8:59	0.9	9:14	0.7	6:23	5:15	
30	Tue	3:30	4.4	3:51	4.0	9:49	0.7	9:55	0.4	6:24	5:14	
31	Wed	4:20	4.8	4:41	4.1	10:38	0.4	10:38	0.2	6:25	5:13	